



# May 2019

Calendar is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) <b>10:00 Depart Reading Phillies</b> 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <b>2:00 Expediting Committee (Players' Lounge)</b> <b>6:30 Entertainment: Glenn Miller (Theatre)*</b> <b>6:30 Grief Share (Players' Lounge)</b>	<b>2 National Day of Prayer</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:00 National Day of Prayer</b> 11:00 Yoga Stretch (Wellness Ctr) <b>1:30 Kentucky Derby (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> <b>6:30 Lifetree Café (Players' Lounge)</b> 6:30 Card & Game Night (Players' Lounge)	<b>3</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	<b>4</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)
<b>5</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	<b>6</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit <b>10:00 Exec. Committee Mtg (Players' Lounge)</b> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>3:00 New Horizons Band Concert (Theatre)*</b>	<b>7</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> <b>1:30 Food Committee Meeting</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>2:30 Sharing Circle (Players' Lounge)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group	<b>8</b> <b>7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <b>10:00 Exec. Committee Mtg (Players' Lounge)</b> 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <b>2:00 Movie Matinee (Theatre) "Operation Finale"*</b>	<b>9</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>12:15 Depart for Fulton Theatre-Sophisticated Ladies</b> <b>1:30 "Therapy Thursday w/Tom" (Players' Lounge)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card & Game Night (Players' Lounge) <b>6:30 Lifetree Café (Players' Lounge)</b>	<b>10</b> 8:00 Walking Club <b>10:00 Kreiders Greenhouse (Bethel)</b> 1:00-3:00 Ladies Billiards/Pool	<b>11</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)
<b>12 Mother's Day</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	<b>13</b> <b>8:45 Departure Historic Smithville Trip ran by Mary Nace- (East Entrance)</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit <b>10:30 Library Meeting</b> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b>	<b>14</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>1:30 Resident Quarterly Meeting (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group	<b>15</b> <b>8:30 Breakfast @ The Brickerville House Restaurant</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.)</b> <b>Veteran's Meeting Cancelled Due to Prom</b> <b>2:30-3:30 Blood Pressure (Clinic Room)*</b> <b>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</b> <b>6:30 Loss of a Spouse Seminar (Players' Lounge)</b>	<b>16 PROM NIGHT</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>5:00 – 9:00 Senior Prom (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card & Game Night (Players' Lounge) <b>6:30 Lifetree Café (Players' Lounge)</b>	<b>17</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	<b>18</b> <b>9:00-11:00 Billiards/Pool Club</b> <b>2:30 Creative Haven Coloring Session (Players' Lounge)</b> 6:30 Saturday Night Movie (Cinema)
<b>19</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	<b>20</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>6:00 Alzheimer's Support Grp (Players' Lounge)</b>	<b>21 Voting Primary</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group	<b>22</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <b>2:00 Retired Nurses Gathering (Players' Lounge)</b>	<b>23</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>2:30 Wellness Talk (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> <b>6:30 Lifetree Café (Players' Lounge)</b> 6:30 Card & Game Night (Players' Lounge) <b>7:00 Entertainment: Jazz Me Band (Theatre)*</b>	<b>24</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool <b>1:30 Book Review: "Blue Heaven" by C. J. Box (Players' Lounge)</b>	<b>25</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)
<b>26</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	<b>27 MEMORIAL DAY</b> No Fitness Classes 9:00 Quilting (Threads) <b>1:30 Bingo (Theatre)</b>	<b>28</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group	<b>29</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut)	<b>30</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>1:30 Bear Bag Baseball</b> 5:00-7:00 Meier Rm (Reservations Only) <b>6:00 Community Water Aerobics \$3</b> <b>6:30 Lifetree Café (Players' Lounge)</b> 6:30 Card & Game Night (Players' Lounge)	<b>31</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	

## May 2019 DETAILS Independent Living - Poplar Run

### **SHOPPING:**

**5/15 1:00** Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

If you wish to go shopping at other locations, call transportation x3205 and sign up for the day that they will be taking runs to the doctor in that particular area. In doing so there will be no charge. i.e., Monday-Reading Malls; Wednesday-Hershey Outlets, etc.

**Lifetree Café 6:30 (Players' Lounge)** – Every Thursday. Come as you are. Your thoughts and your doubts are welcome to join us. We're all in this together. God is here ready to connect with you in a fresh way. Refreshments will be served.

- 5/1 **Entertainment: Glenn Miller 6:30 (Theatre) \*** - The BIG one man band! This BIG one man band is very enthusiastic! He's an entertainer, musician and joke teller. You will hear a variety of styles of music. Always fun and entertaining!
- 5/2 **Kentucky Derby 1:30 (Theatre)** – And they're off! The best race isn't in Kentucky-it's in Myerstown, PA! Trot on over to the Theatre wearing your "SRL designer hats" and express your inner Southern Belle. **Remember...it's all about the HATS!** Join your friends and cheer on your favorite jockeys when the "Run for the Roses" begins! Wonderful southern comfort refreshments will be provided.
- 5/6 **Entertainment – New Horizons Band 3:00 (Theatre)\*** – Musicians of all levels and ages, the New Horizons Band strives to enrich it's members through music of all styles- from John Phillip Sousa to John Williams! The band rehearses every week, but especially enjoys performing for a live audience. They thank you for the opportunity to play for you, and sincerely hope you enjoy their performance.
- 5/7 **Sharing Circle 2:30 (Players' Lounge)** – Join us on a topic of "Doubt". Join the circle for a discussion on what and who in our lives we doubt, things that have left us feeling without hope.
- 5/8 **Movie Matinee 2:00 (Theatre)\*** – "Operation Finale" PG-13, Starring: Oscar Isaac, Ben Kingsley, Melanie Laurent, Peter Strauss. Based on the incredible true story. After World War II, Hitler's Deadliest Lieutenant escaped. Operation Finale follows the thrilling true story of the secret mission led by Israeli intelligence agent Peter Malkin to infiltrate Argentina and capture Adolf Eichmann, the Nazi officer who masterminded the plans that sent millions of innocent Jews to their deaths during World War II, and bring him to justice.
- 5/9 **Therapy Thursday with Tom 1:30 (Players' Lounge)** - "The therapeutic benefits of plants". Prepare to get your hands dirty. Refreshments provided.
- 5/10 **Kreiders Greenhouse (Bethel) 10:00 Departure** – It's that time of year! Choose from the wonderful selections of flowers and herbs at Kreider's Greenhouse on 501. Sign-up @ x3200. Maximum 12 residents.
- 5/15 **Breakfast @ Brickerville Restaurant 8:30** – Eat at the restaurant and then shop at the unique specialty shops. Sign-up x3200.
- 5/16 **Prom Night** - The theme is "One Night in Paris" and will feature the Uptown Band. Purchase tickets in advance from Stacia. Tickets are \$12 for residents and \$25 for the public, which includes a full meal and entertainment by The Uptown Band.
- 5/20 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Mark Allshouse, Masters in Clinical Psychology, Care-giving Consultant. Topic: "The Compassionate Care-giver". Open to the public. Refreshments will be served.
- 5/23 **Wellness Talk 2:30 (Theatre)** – Presentor - Wellspan. Topic: Arthritis Awareness.
- 5/23 **Entertainment: Jazz Me Band 7:00 (Theatre)** – From Sinatra to Santana and Motown to ZZ Top there's something for everyone.
- 5/24 **Book Review 1:30 (Players' Lounge)** – The May book will be, "Blue Heaven" by C. J. Box. For free loaner book contact Dan Nace x3378. June book to be determined.

**Thursday, May 9 – Fulton Theatre - "Sophisticated Ladies"** - 12:30 Departure. \$55 plus \$7 Coach Transp. This glamorous show-stopping production of Sophisticated Ladies celebrates jazz legend Duke Ellington. His musical expression captivates audiences with a stylish big-band sound. Relive the days with such hits as "Take the 'A' Train", "I Got It Bad and That Ain't Good," "It Don't Mean a Thing If It Ain't Got That Swing" and "Sophisticated Ladies." This lavish musical extravaganza features spectacular dancing, vocals, and an onstage big band that will transport you back to the big band era. Dinner at Hoss's Steak & Sea House on the way home. Sign up x3200.

**Thursday, June 6 – "Ovation" - American Music Theatre** - 1:15 Departure. \$30 + \$7 Coach Transportation. You will be led on an unforgettable musical journey! Classic tributes to a myriad of music legends like Rosemary Clooney, Tony Bennett, Frank Sinatra coupled with greats such as Michael Bubl , Adele, Josh Groban and more. Ovation promises a joy-filled experience for every generation! The orchestra will perform show-stopping musical hits from George Gershwin to Trans-Siberian Orchestra. Along the way, the AMT singers and dancers will bring dazzling moments to life in a truly awe-inspiring musical experience! This Experience is a musical masterpiece sure to bring audiences to their feet! Dinner at Bird-In-Hand on the way home. Sign up x3200.

**NEW – Friday, June 7 – Lake Tobias Wildlife Park** – Departure 9:00; Arrival 10:16; Return to SRL 4:12. \$13.50 per person + \$7.00 transportation. Veteran's admitted free if you have proof (see Beth Ann). Price includes treats to feed the animals, a petting zoo, safari ride through a 150 acre terrain, J.R. Tobias Museum & Education Center, Reptile & Exotics Building and the two newest additions – giraffes. See the African Lion, Water Buffalo, Bengal Tiger, Camel, Kangaroo, Zebras and more. Lunch can be bought at the park. Sign-up x3200

**Thursday, June 13 - 7:30 PM - Mount Gretna Theatre "I Love a Piano"** – Departure 6:30. The classic musical that will make you sing, laugh, dance, and shout with joy! Irving Berlin's I Love a Piano follows the journey of one piano from Tin Pan Alley to the present day, as it winds its way through the lives of Americans. The story comes to life through your favorite Irving Berlin classics including, "Blue Skies," "There's No Business Like Show Business," "Puttin' on the Ritz," "How Deep is the Ocean," and of course, "I Love a Piano". "An energetic, animated presentation of nearly 60 of Berlin's tunes!" Discount rate was \$37 now \$20.00 + \$4 transportation. x3200

**NEW – Thursday, June 20 – 7:00 – 8:30 "Sock Hop" (Theatre on Main)** – Hey Daddy-O! Ladies-put on your bobby socks and poodle skirts and gentlemen-roll up your jeans, your white T-shirt sleeves and slick back your hair. We're going to be singing and bopping and "Rocking Around the Clock" to those 50's & 60's tunes. Open to the public so tell your friends and family to come out to listen and dance! Music by the JCM Band. If you are not up to dancing, come out to watch and tap your toes! Great Balls of Fire!

**NEW - Friday, September 27 – Colebrookdale Railroad - Secret Valley Expedition** – A unique adventure into a forgotten land. Board the meticulously restored rail cars for a 2-hour expedition into the Secret Valley, one of the most scenic and historic regions in the north-east. An Irish dinner will be provided by Molly Maguire's Irish Restaurant. Corn beef Reuben spring rolls, shepherd's pie and Irish bread pudding. The dining car is beautiful. 5:00 Departure, Train departs at 6:30 \$60 + transp. x3200

**NEW Tuesday, December 17 – "Joy to the World" – American Music Theatre** – 1:30 Departure; 3:00 Show. \$40 + \$7 Transportation. The ringing of church bells in a quaint town square set the scene for Joy to the World. Evoking the revered holiday nostalgia of hometowns all across the US, the stage will transform into a small-town winter carnival brimming with family and friends. Featuring scenes filled with entertaining elves, dramatic dancing, sensational singing, and grand moments galore. The incredible AMT Singers, Dancers, and Orchestra will perform favorites such as "Away in a Manger," "Jingle Bells," "Hark, The Herald Angels Sing," "Let it Snow," and "Carol of the Bells" live on stage. Awe-inspiring music and dance, phenomenal voices, and light-hearted holiday humor are the ingredients for this season's all-new extravaganza. Dinner on the way home at Applebees; Return to SRL 7:30. Sign-up x3200.

A trip to Christian Life Assembly will also be scheduled for their Christmas show. Date to be announced when tickets become available.